



PRIME TIME NEWS

Mountain View Senior Center

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SENIOR CENTER HOURS

Monday - Wednesday

8:30 a.m. - 9:00 p.m.

Thursday - Friday

8:30 a.m. - 5:00 p.m.

SENIOR CENTER STAFF

STEVE ACHABAL
Senior Recreation Coordinator

MEGAN GARVERICK
Recreation Coordinator

CYNTHIA SPINELLA
Office Assistant III

JUSTINA LINAN
Recreation Specialist

ELIZABETH MUSSO
Lunch Program
650-964-6586

EVENING BUILDING
ATTENDANTS
Christian Basconcilo
Jose DeAnda
Kyle Ignaitis
Rich Stephens
Peter Izzo
Shona O'Neil

HOLIDAYS - The center will
be closed on the following day:
Mon, Feb 15, 2010

WORKSHOPS: Please note that space is limited for all
workshops and pre-registration is required.
To reserve a seat, call the Senior Center at
(650) 903-6330 or visit the front desk.

WEB CAP TEL, USING YOUR COMPUTER AND ANY PHONE TO MAKE CAPTIONED CALLS - Web Cap-

Tel is an Internet service that allows people who have
difficulty hearing telephone conversations to have word-for-
word captions displayed on their computer screen. The
service is available through two organizations, Sprint and
Hamilton, and a non-profit representative will be
presenting. Space is limited so sign up early!

Date: Tuesday, February 16th

Time: 10:30 p.m.

Location: Senior Center Meeting Room



A NEW YEAR, A NEW YOU - "My

idea of exercise is a good brisk sit". ~Phyllis
Diller. We all have our excuses and opinions
about exercise but you can make it fun and
simple! Especially when you have other people

exercising with you. Learn about the Center's Walking
Club, Stepping Strong, and also of the new, Seniors In
Circuit Training (S. C. T.), which are just two of our many
great exercise programs that **your** body wants you to take
part in! Free refreshments will be served! Come learn about
how you simply will make this year about a *new* you!

Date: Thursday, February 18th

Time: 1:00 p.m.

Location: Senior Center, TBA

SUDOKU - Having trouble solving Sudoku Puzzles?

Come to this workshop to learn some simple techniques for
solving them, and have fun doing it! Run by Richard
Guertin who created his own Sudoku
website! Sign up today!

Date: Thursday, February 25th

Time: 1:00 p.m.

Location: Senior Center, TBA



WORKSHOPS

City of Mountain View, CSD, Recreation Division

266 Escuela Ave., Mountain View, Ca 94040 (650) 903-6330, www.mountainview.gov

MOVIE MATINEE



Come to one of our double showings!

WHEN: Tuesdays and Fridays

TIME: 1:00 pm

WHERE: Multipurpose Room B.

Both screenings will now have captions for the hard-of-hearing, **when available on the DVD**. There is no fee to enjoy these popular movies and seating begins at 12:30 p.m.



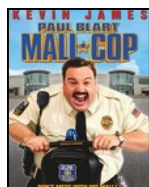
JULIE AND JULIA

DATES: Tuesday, February 2 and Friday, February 5

RATED: PG-13

LENGTH: 123 Minutes

DESCRIPTION: Amy Adams stars in this truth-inspired tale as Julie Powell, a disenchanted government secretary who decides to enliven her uneventful life by cooking all 524 recipes outlined in Julia Child's culinary classic Mastering the Art of French Cooking. Based on Powell's book Julie & Julia: 365 Days, 524 Recipes, 1 Tiny Apartment Kitchen, director Nora Ephron's heartwarming dramedy also stars Meryl Streep as legendary chef Child.



MALL COP

DATES: Tuesday, February 9 and Friday, February 12

RATED: PG

LENGTH: 87 Minutes

DESCRIPTION: Funnyman Kevin James ("King of Queens") stars as Paul Blart, an over-zealous security guard who finds himself in way over his head when he attempts to thwart a criminal mastermind's (Keir O'Donnell) plot to rob an entire shopping mall. Bobby Cannavale, Jayma Mays and Shirley Knight also star in this family-friendly laffer from director Steve Carr, which shares more than a few similarities with the much raunchier Observe and Report.



THE TAKING OF PELHAM 123

DATES: Tuesday, February 16 and Friday, February 19

RATED: R - For strong graphic language

LENGTH: 106 Minutes

DESCRIPTION: When a group of hijackers led by criminal mastermind Ryder (John Travolta) take the passengers aboard a New York subway train hostage and demand a king's ransom, it's up to subway dispatcher Walter Garber (Denzel Washington) to bring them down. Directed by Tony Scott (Man on Fire), this action thriller -- an update of the 1974 film from Joseph Sargent -- also stars James Gandolfini, John Turturro, Luis Guzmán and Michael Rispoli.



I LOVE YOU, MAN

DATES: Tuesday, February 23 and Friday, February 26

RATED: R, For pervasive language, including crude and sexual references

LENGTH: 104 Minutes

DESCRIPTION: In this bromance, the cinematic equivalent of a rom-com buddy flick, Paul Rudd plays a recently engaged guy who's got the bride-to-be of his dreams but lacks an all-important significant other when it comes to their pending nuptials: a best man. On a determined hunt for a stranger who will stand up for him, he eventually meets a candidate (Jason Segel) with wedding-party potential. Jaime Pressly, Rashida Jones and Jon Favreau co-star.

****NOTE:** Please bundle up or bring a lap throw with you to the movie. The room is located on the North side of the building, and some people tend to need an extra layer of clothing during the movie.

New Day for this
Month Only...

NEWCOMERS' GROUP

- An orientation and tour of the Senior Center is scheduled for **Tuesday, February 16th, 2010**. It includes a review of classes, upcoming events, social services & general information.

EXERCISE ROOM: NO CARD, NO EXERCISE

Based on the popularity of the exercise room and the nature of exercising, this room could not function without your patience and understanding. For safety reasons and for the protection of our equipment, please remember that if you do not bring your card, you cannot exercise in the room. All of those without cards will be asked to stop exercising and come to the front desk. If you have never received an exercise card, please come to the front desk and sign up for exercise orientation. We appreciate your cooperation in the exercise room.



WHEN NOT TO COME TO THE EXERCISE ROOM? - Staff asks that you allow exercise orientation students to use the room during orientation. You may be asked to leave during the following times: **TUES: 7:00p.m. – 7:30 p.m.** and **EVERY WED: 2:30p.m. – 3:00 p.m.**



FREE DROP-IN COMPUTER HELP

- Does the computer scare you more than flying in an airplane? Not to worry, we have helping hands ready to assist.... FREE OF CHARGE. Whether new to the computer, or in need of a refresher, several volunteers can get you pointed in the right direction. *Mondays with JUDY 1-3PM. Wednesdays with SARA 1-3PM. Fridays with RANDY 10:30AM-12:30PM.* Come to the computer lab, it's that easy!!!

DVD COLLECTION - The Senior Center has a collection of a variety of DVDs available for check out at the front desk. You can check out up to five DVDs at a time and have them for one week. Come by the front desk to view our movie selections.



BIG BINGO - Join us for Big Bingo. This month it will be held on Monday February 1st at 1pm in the Lunch room.



SENIOR CENTER TELEVISION POLICY

- In order to maintain a tranquil and pleasant environment, the front lobby television is currently turned on only for major news and sporting events. The Senior Center staff determines a television volume that respects the activities of other patrons in the lobby. Televisions are also available in the Game Room. Thanks for your help in continuing to make the Senior Center a pleasant place to visit.



BOOKS FOR SALE

- Located in the front lobby in the middle stations and on the bookshelves in the far left corner of the lobby, are donated paper back books for sale. We have fiction, non-fiction, mystery, science fiction and more. Books are 10 cents each and can be paid for at the front desk. Maximum amount to be taken at one time is 5!

DONATIONS - The Mountain View Senior Center accepts a variety of donations.

ACCEPT ONLY

Old eyeglasses
Magazines
Paperback books only



(no romance novels)

FREE TABLE

Located in the game room, you may leave items for others to pick up and enjoy. No perishable or opened items. Small items only!

Referral Information

- Outreach Transportation
408-436-2865
- Social Security Office
1-800-772-1213

TAX PREP CORNER

Tax assistance will be provided by AARP volunteers. Tax appointments will be available each Tuesday and Wednesday, 9:00am-12 noon beginning Tuesday, February 2, 2010. **You can make an appointment at the Senior Center front desk.**

What to bring to your appointment:

- a. Copy of last year's state & federal income tax returns
- b. W2 form (from employer)
- c. 1099-INT (regarding interest)
- d. 1099-DIV (regarding dividends)
- e. 1099-R (retirement and IRA income)
- f. SSA-1099 from social security
- g. 1099-B (for sale of stock)

plus original cost and date of purchase info.

- h. Any other 1099 Forms received
- i. If deductions are claimed, bring information to Support
- J. Name and address of landlord to receive state renter's credit
- K. Property tax bill paid 2009
- L. Sales tax paid on new car purchase in 2009

Due to Tax Assistance, Ping Pong Table A will not be available: Monday Evenings, Tuesdays and Wednesdays. February 1st, 2010 - April 15th, 2010

SENIOR ADVISORY COMMITTEE

The Senior Advisory Committee is an advisory role to the City Council regarding matters pertaining to broader senior issues and operations of the Mountain View Senior Center. Meetings are held on the 3rd Wednesday of each month (except August & December 2010) from 2:00-4:00p.m. Upcoming meetings will be: Wednesday, February 17th, March 17th, and April 21st.



EXERCISE CORNER

BE THE FIRST TO JOIN S.C.T.



You say you're going to start exercising, but you don't! Why? Because exercising alone just doesn't cut it. That is precisely why the Senior center brings you S.C.T. Senior Circuit Training, a social exercise group to be held at Rengstorff park. The plan is to exercise in groups with the new outdoor equipment so you can work out with like minded. Seniors to get into better shape and become more healthy. Call Megan Garverick for more information and to sign up. (650) 903-6448. Nothing to lose, everything to gain.

A CAN'T MISS TOUR OF THE NEW EXERCISE EQUIPMENT -

Have you noticed a newly built addition in Rengstorff Park? This is the new *outdoor* circuit training area! Come and explore this new equipment while Senior Center Staff give you a tour and remind you of some important safety tips. Orientation is free and fun! Sign up or drop by for one of the sessions below:

Monday, February 8, 2:00 pm
Thursday, February 11, 9:15 a.m.
Friday, February 12 10:15 a.m.
Thursday, February 18, 9:15 a.m.
Friday, February 19, 2:00 p.m.

Meet in the Lobby the day of the Session

Volunteer Hours for DECEMBER

Blood Pressure	3
Brown Bag	192
Receptionists	128
Social Services	43
Teaching	91
Total	457

HEALTH SERVICES

ALZHEIMER'S SCREENING - Free behavioral screenings offered on the **fourth Wed** of each month (**2/24/10**). PLEASE NOTE: this is NOT a medical screening, only a behavioral analysis. Call the front desk at (650) 903-6330 for an appointment.

BLOOD PRESSURE CHECK Come to the counseling room to have your blood pressure checked by volunteer nurses on **Friday between 10:30-11:30 a.m.**



EYEGLASS REPAIR - Adjustments, repairs, advice. **Second and fourth Tuesday** of each month (**2/9/10 and 2/23/10**). Call the front desk at (650) 903-6330 for an appointment.

HICAP - Medical insurance, long-term care, Medicaid & Medigap counseling. **Second and fourth Tuesday** of each month (**2/9/10 - AM Appts and 2/23/10 - PM Appts**) Call (650) 903-6330 for an appointment.

HEARING SCREENING - Visit Dr. Tang the **Second Tuesday (2/9/10)** of each month. Call the front desk at (650) 903-6330 for an appointment.



PODIATRY SCREENING - Free evaluations on **Third Wednesday (2/17/10)** of each month. Call the front desk at (650) 903-6330 for an appointment. Provided by Dr. Yavrom.

Dial 2-1-1 - For a free, non-emergency telephone service that connects you with hundreds of community services. Find information on Elder Care, Counseling, Health Services and much more!

SOCIAL SERVICES

SENIOR ADULT LEGAL ASSISTANCE (SALA) - The 1st and 3rd **Thursday (2/4/10, 2/18/10)**. Clients must be 60+ years old and a Santa Clara County resident. Services provided by volunteer attorneys or paralegal personnel. Legal assistance provided for Social Security, Medicare, housing, landlord issues, power of attorney for health care, elder abuse, consumer problems, and simple wills. Call the front desk at (650) 903-6330 for an appointment.

FOOD SERVICES



BROWN BAG - The Second Harvest Food Bank's Brown Bag pick-up and registration is **every Tuesday, starting at 9:30 a.m.** Pre-registration is necessary. Applications may be picked up at the front desk. For more information, please call 1-800-984-3663.

NUTRITION PROGRAM Lunch is served **Monday - Friday** at 11:45a.m., sign in by 11:15 a.m. Suggested donation is **\$2.50** and more information can be found on pages 9+10. Sponsored by Community Services Agency, (650) 964-6586.



TRANSPORTATION

VTA TRANSIT SENIOR CITIZEN CARDS/STICKERS -

VTA will be at the Senior Center on **Thursday, February 18**, from **10:00 a.m. to 12:00 p.m.** to accept applications for discount cards. Seniors 65+ years or persons with qualifying disabilities are eligible. There is a \$3 fee. Bring legal proof of age. Also, a limited number of discount stickers go on sale the 15th of each month. Tickets are sold **Monday-Friday, 8:30 a.m. - noon**. Exact change is necessary. The cost is **\$25.00 per sticker**. Cash only please.



AARP DRIVER SAFETY

REGULAR CLASS - AARP Safety Program class offered by AARP at the Mountain View Senior Center is scheduled for **Tues, Feb 2 and 9, 2010** from 6:00 p.m. to 10:00 p.m. The fee for the 8.0 hour classroom driving instruction session is \$12 for AARP members and \$14 for non members. To register, come in or mail a check, payable to AARP, dated the first day of the class. Send to the Mountain View Senior Center, P.O. Box 7540 Mtn. View, CA 94039. Cash cannot be accepted.

REFRESHER COURSE - **Tues, April 6, 2010** from 5:30 p.m. to 10:00 p.m. The fee for the **refresher** driving instruction session is \$12 for AARP members and \$14 for non members. To register, come in or mail a check, payable to AARP, dated the first day of the class. Send to the Mountain View Senior Center, P.O. Box 7540 Mtn. View, CA 94039. Cash cannot be accepted. **ONLINE** Driver Safety program now available Visit www.aarp.org for information & to sign up.

EXERCISE ORIENTATION

is offered on **Tuesday Evenings** and **Wednesday Afternoons**. To be able to use the exercise room, you must sign up for orientation at the front desk.

COMMUNITY SERVICES AGENCY INFORMATION & REFERRALS -

On the **third Tuesday of each month at 11am (2/16/10)**, representatives from the Community Services Agency of Mountain View and Los Altos will be on-site to answer your questions. You will find them in the hallway in front of the Social Hall. Stop by to ask them about all of the valuable services and resources available to you. No appointment is necessary.

USED OR UNUSED MEDICATION DROP OFF LOCATIONS:

Health Clinic- Sunnyvale
660 South Fair Oaks Ave,
Sunnyvale, CA 94086



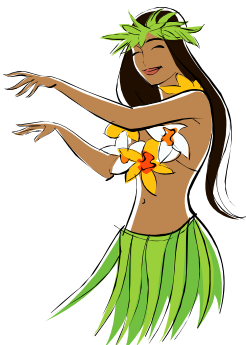
West Valley Patrol Sub-Station
1601 S. De Anza Blvd, Cupertino, CA 95014

Health Clinic- Moorpark Pharmacy
2400 Moorpark Ave, San Jose, CA 95128

Health Clinic- Bascom Pharmacy
750 S. Bascom Ave, Ste #120, San Jose, CA 95128

A "Luau under the Palms" Spring DANCE!!!

Get your new 2010 calendars out and save the date for this year's Hawaiian themed Dance scheduled for **Wednesday, May19, 2010** stay tuned for time and other details.



"Life is the garment we continually alter but which never seems to fit."
Author Unknown, Submitted by Carl Glassman

SENIOR SERVICES

DIRECTORY - The 2009/2010

Senior Services Directory published by Council on Aging has recently been released. This resource has a wide range of information within Santa Clara County geared for older adults and their families. Topics include Care Management, Financial & Legal, Food & Nutrition, Independent Living, Housing, plus much more. The directories are available for **\$3** at the Senior Center Front Desk. Information is also available online at www.siliconvalley.networkofcare.org

"A good scare is worth more to a man than good advice." Author Unknown, Submitted by Carl Glassman

WASH YOUR HANDS -

As we begin to spend more time indoors with each other, please remember these good hygiene tips:



- Cover coughs and sneezes with a tissue or sleeve.
- Wash your hands often with soap and water or use hand sanitizers.
- Stay home if you're sick with flu-like symptoms



The Senior Center has provided bottles of hand sanitizer in strategic areas around the building. Please help protect yourself and your neighbors by limiting the spread of germs.

WALKING GROUP: STEPPING STRONG

WHAT CAN THE POWER OF TWO DO FOR YOU? What can the power of two do for you? To what do we refer? Ah, your two feet of course. They take you here, they take you there, they take you everywhere. So why not put the power of two to a specific use....building a better body through exercise. Sign up at the front desk on the interest sheet for "STEPPING STRONG", the Senior Center walking club that will start meeting up again in the spring. Happy body equals happy mind.

Mountain View Seasoned Travelers

**NEW TRAVEL
DESK HOURS**

For travel information, registration and payment:
Monday, Tuesday, Wednesday and Fridays at the front desk, 8:30am-12:00pm and Thursdays at the travel desk in front of the social hall from 10:00 - 11:45am

TRAVEL

CLIFF HOUSE RESTAURANT AND TUT EXHIBITION, San Francisco

WHEN: Tuesday, February 9, 2010

COST: \$95.00 per person

INCLUDES: Join us for a hosted breakfast at the Historic Cliff House Restaurant, San Francisco. Perched on spectacular cliffs overlooking the Pacific Ocean, the Cliff House is one of the crown jewels of San Francisco's Golden Gate National Recreation Area. From there we'll travel into Golden Gate Park to the de Young Museum to experience *Tutankhamen and the Golden Age of the Pharaohs*, a glorious exhibition of over 130 outstanding works from the tomb of Tutankhamen, as well as those of his royal predecessors, his family, and court officials. It's been over 30 years since the original exhibit was in San Francisco and you'll find many new and exciting elements not previously available.

DEPART: 7:45 a.m. from Rengstorff Park

RETURN: 3:00 p.m. Approximately

BEE'S and TREE'S DAY TRIP

WHEN: Monday, May 24, 2010

COST: \$81.00 p/p

INCLUDES: **MARSHALL'S HONEY BEE FARM** - Travel to Marshall's Honey Bee Farm, American Canyon for a guided tour and honey tasting. You'll enjoy a tour of the farm and explanation of honey production including a video presentation and a honey tasting with food pairing. **V. SATTUI WINERY** - Upon arrival to this lovely estate, they will be treated to a private gourmet picnic within the beautiful tree covered picnic area. Lunch will include a choice of sandwich, German-style red potato salad, seasonal fruit, bottled water and a cookie. A winery tour and tasting are included. **PETRIFIED FOREST** - The day will continue with the breathtaking drive to the Petrified Forest in Calistoga. Upon arrival enjoy a docent lead meadow walk which will include the history of the Petrified Forest. In the Petrified Forest are rich deposits of minerals, crystal, wood opal, Obsidian, Silica, and others, some of which are available for purchase in the gift shop. The group will also enjoy a visit to the on site museum.

DEPART: 9:00am, from Rengstorff Park

RETURN: 6:00pm approximately

THUNDER VALLEY CASINO

WHEN: Thursday, February 4, 2010

COST: \$27.00 p/p

INCLUDES: Casino Bonus: \$10 Match Play & \$5 Food Credit

DEPART: 7:30 a.m. Rengstorff Park

RETURN: 5:30 p.m. Approximately

RIVER ROCK CASINO

WHEN: Tuesday, March 9, 2010

COST: \$30.00 p/p

INCLUDES: Casino Bonus: \$20 Cash.

DEPART: 7:30 a.m. Rengstorff Park

RETURN: 6:30 p.m. Approximately

CACHE CREEK CASINO

WHEN: Wednesday, April 7, 2010

COST: \$32.00 p/p

INCLUDES: Casino Bonus: \$10 Free Play or Match Play and \$5 Food Credit

DEPART: 7:30 a.m. Rengstorff Park

RETURN: 5:30 p.m. Approximately

CHUNKCHANSI CASINO

WHEN: Thursday, May 6, 2010

COST: \$30.00 p/p

INCLUDES: Casino Bonus: \$10 Free Play or Match Play and \$5 Food Credit

DEPART: 7:30 a.m. Rengstorff Park

RETURN: 5:30 p.m. Approximately

RENO GETAWAY

WHEN: April 11-12, 2010 Sunday-Monday

COST: \$90.00 p/p, double occupancy/ Singles occupancy add \$25.00

INCLUDES: Silver Legacy

Accommodations. Casino Bonus Value: \$35.00.

Optional Dinner & Show Package: \$55.00 p/p

Frank, Sammy & Dean: The Rat Pack, at the beautiful El Dorado Showroom!

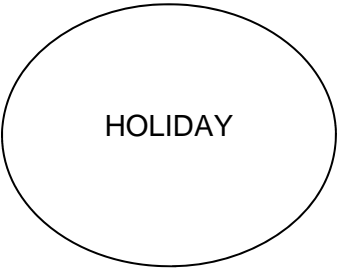
DEPART: 7:30 a.m. SUNDAY

from Rengstorff Park

RETURN: 9:00 p.m.

MONDAY Approximately



Mon	Tue	Wed
<p>1 10:30 Dancing, lunch room 11:45 LUNCH MENU <i>Spaghetti w/ Meat Sauce</i> Marinated Salad Sautéed Fresh Broccoli Fresh Fruit</p>	<p>2 11:45 LUNCH MENU <i>Corn Chowder</i> Hard Boiled Egg Sautéed Asparagus Orange 1pm - Movie, Julie and Julia</p>	<p>3 10:30 Line Dancing, lunch room 11:45 LUNCH MENU <i>BBQ Chicken</i> Pasta Salad Cauliflower and Carrots Apple 12:45 Bingo, lunch room</p>
<p>8 10:30 Dancing, lunch room 11:45 LUNCH MENU <i>Turkey Meatloaf</i> Whole Grain Bread Mashed Potatoes Squash Peaches 2pm - New Exercise Equipment Tour, Main Lobby</p>	<p>9 830am - HICAP 9:15am - Eyeglass Repair 11:45 LUNCH MENU <i>Split Pea and Potato Soup</i> (vegan), Whole Grain Muffin Chef's Chicken Garden Salad Tangerine Oatmeal Cookie 1pm - Movie, Mall Cop 2pm - Hearing Screening</p>	<p>10 10:30 Line Dancing, lunch room 11:45 LUNCH MENU <i>Chop Suey w/ Beef and Pork</i> Fried Brown Rice Chilled Broccoli Salad Fresh Fruit 12:45 Bingo, lunch room</p>
<p>15</p> 	<p>16 10:30 WORKSHOP, WEB CAP TAL 11am - Information + Referrals 11:45 LUNCH MENU <i>Chicken Pot Pie</i> w/ mixed vegetables Confetti Coleslaw Apple 1pm - Movie, The Taking of Pelham 123 2pm - Newcomer's Group</p>	<p>17 10:30 Line Dancing, lunch room 11:45 LUNCH MENU <i>Pork Roast</i> Brown Rice Pilaf Sweet Potatoes Steamed Spinach Fruit 12:45 Bingo, lunch room</p>
<p>22 10:30 Dancing, lunch room 11:45 LUNCH MENU <i>Sesame Orange Chicken</i> Brown Rice Green Salad Orange</p>	<p>23 11:45 LUNCH MENU <i>Swedish Meatballs</i> Over Egg Noodles Baked Tomato Spinach and Cheese Salad Pineapple 1pm - Movie, I Love You, Man 1pm - HICAP</p>	<p>24 10:30 Line Dancing, lunch room 11:45 LUNCH MENU <i>Chicken A La King</i> Brown Rice Pilaf Seasonal Vegetables Apples 12:45 Bingo, lunch room</p>

FEBRUARY 2010 LUNCH MENU AND ACTIVITIES

Thu	Fri
<p>4</p> <p>10:30 Line Dancing, lunch room</p> <p>11:45 LUNCH MENU</p> <p>Stuffed Cabbage</p> <p>Brown Rice w/</p> <p>Baked veggies, Feta cheese, and</p> <p>Cherry Tomatoes</p> <p>Fruit</p> <p>1pm SALA APPTS</p>	<p>5</p> <p>10:30 - Blood Pressure</p> <p>10:30 Dancing, lunch room</p> <p>11:45 LUNCH MENU</p> <p>Egg Frittata</p> <p>Whole Grain Muffin</p> <p>Garden Salad</p> <p>Three Bean Salad</p> <p>Sugar-Free Gelatin w/ Pineapple</p> <p>1pm - Movie, Julie and Julia</p>
<p>11</p> <p>9:15am - New Exercise Equipment Tour, Main Lobby</p> <p>10:30 Line Dancing, lunch room</p> <p>11:45 LUNCH MENU</p> <p>Lemon Chicken Breast</p> <p>Corn Bread</p> <p>Swiss Chard</p> <p>Baked Tomato</p> <p>Fresh Fruit</p>	<p>12</p> <p>10:15am - New Exercise Equipment Tour, Main Lobby</p> <p>10:30 - Blood Pressure</p> <p>10:30 Dancing, lunch room</p> <p>11:45 LUNCH MENU</p> <p>Pizza w/ Veggies and Meat</p> <p>Green Salad</p> <p>Mandarin Oranges</p> <p>1pm - Movie, Mall Cop</p>
<p>18</p> <p>9:15am - New Exercise Equipment Tour, Main Lobby</p> <p>10am - VTA Cards</p> <p>10:30 Line Dancing, lunch room</p> <p>11:45 LUNCH MENU</p> <p>Chicken Asparagus Pecan Pasta</p> <p>Penne Pasta</p> <p>Caesar Salad</p> <p>Tropical Fruit Cup</p> <p>1pm SALA APPTS</p> <p>1pm WORKSHOP, A New Year</p>	<p>19</p> <p>10:30 - Blood Pressure</p> <p>10:30 Dancing, lunch room</p> <p>11:45 LUNCH MENU</p> <p>Breaded Fish Filet</p> <p>Sautéed Cabbage, Carrots, and Mushrooms</p> <p>Whole Grain Roll</p> <p>Tangelo</p> <p>1pm - Movie, Taking of Pelham 123</p> <p>2pm- New Exercise Equipment Tour, Main Lobby</p>
<p>25</p> <p>10:30 Line Dancing, lunch room</p> <p>11:45 LUNCH MENU</p> <p>Baked Fish w/ Seasonings</p> <p>Sweet Potatoes</p> <p>Seasoned Broccoli</p> <p>Whole Grain Roll</p> <p>Fresh Fruit</p> <p>1pm WORKSHOP, Sudoku</p>	<p>26</p> <p>10:30 - Blood Pressure</p> <p>10:30 Dancing, lunch room</p> <p>11:45 LUNCH MENU</p> <p>Pasta Primavera w/ Ham</p> <p>Whole Wheat Spaghetti</p> <p>Garlic Bread</p> <p>Garden Salad</p> <p>Banana</p> <p>Oatmeal Cookie</p> <p>1pm - Movie, I Love You, Man</p>

NUTRITION PROGRAM - The suggested contribution is \$2.50 for people 60 years and over. The meal cost is \$5.00 for people under 60 years old. Lunch is served at 11:45 a.m. Recommended sign in time: 11:15 a.m. First come first served.



= Meal contains more than 1000mg sodium

Big Valentine Cookie

Preparation Time: 10 mins
Cooking Time: 22 mins
Cooling Time: 30 mins cooling

Servings: 12 servings

1 package (16.5 oz.)
NESTLE® TOLL
HOUSE® Refrigerated
Sugar Cookie Bar Dough
Frosting, decorator icing,
sugar sprinkles, candies
and/or melted chocolate
(optional)

PREHEAT oven to 325
degrees F. Grease large
baking sheet.

PLACE whole bar of
dough in prepared pan.
Allow to soften for 5 to 10
minutes. Using fingertips,
pat dough gently to form
an 8- to 9-inch heart
shape.

BAKE for 22 to 25 minutes
or until light golden brown.
Cool on baking sheet for 2
minutes; carefully loosen
cookie with spatula. Cool
completely on baking
sheet on wire rack.

WEEKLY EVENTS

(regularly scheduled classes & events that may occur each week)

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
8:45 Adaptive Yoga 8:45 ESL - Beg. +Int 9:00 Creative Stitchery 9:00 Intro to Email 10:15 T'ai Chi 10:30 Adaptive level II Yoga 10:30 ESL - Beg High & Adv. Low 11:45 Lunch 1:00 Bingo, First Monday of each month. 1:00 Computer Assistance 1:00 Woodcarving 1:00 General Conditioning 1:30 Quiltmaking 2:30 Tai Chi/ Qigong 7:00 Social Dance Club	9:00 Drawing & Watercolor 9:00 Meet the PC 9:30 Brown Bag 10:00 Advanced Lip Reading 10:30 Strong for Life 11:45 Lunch 12:30 Spanish-Int. 1:00 Computer Assistance 1:00 Karaoke 1:00 Low Impact Aerobics 1:00 Workout on Broadway 2:15 Workout On Broadway 2:30 Chinese Chorus 5:30 Flowing Movement	9:00 Ceramics-Sculpt 9:00 Painting Club 9:00 Intro to Email 9:30 Chorus 9:30 Mediation for Stress Reduction 10:00 Beginning Lip Reading 10:00 Therapeutic Yoga 11:45 Lunch 1:00 Computer Assistance 1:00 Ceramics-Basic 1:00 Knitting/Crochet 1:15 Orchestra 5:30 Qigong	8:45 Adaptive Yoga 8:45 ESL - Beg. & Int. 9:00 Meet the PC 9:00 Ceramics, earth, glaze and fire 9:30 Ceramics-Basic 10:00 General Conditioning 10:00 VTA Cards, First Thursday of each month 10:00 Qigong 10:00 Trips Desk 10:30 Adaptive level II Yoga 10:30 ESL B.H. & A.L. 11:00 Health Library 11:45 Lunch 12:30 Memoirs 1:00 General Conditioning 1:00 Workout /Broadway 1:00 Low Impact Aerobics 1:00 Ceramics-Basic 1:00 Fig & Port Drawing 1:00 Computer Assistance 2:15 Workout / Broadway	8:45 ESL, Beg+ Int. 9:00 Calligraphy 10:00 Feldenkrais 10:30 Computer Assistance 10:30 Blood Pressure 10:30 ESL -Beg High, Adv. Low 11:45 Lunch 1:00 English Conversation 1:00 Line Dancing 1:00 Computer Assistance 2:15 Square Dancing
CLASS TIMES AND DAYS ARE SUBJECT TO CHANGE Class Start and End dates are in the Winter/Spring Class Guide.				

Registration for the classes that occur at our center, takes place through the following agencies:

MV-LA, Mountain View Los Altos Adult Education

Three options for registration:

1. Visit MV-LA at 333 Moffett Blvd
2. Call (650)-940-1333 with your credit card available.
3. or visit their website to register for this class at www.mvlaae.net

FOOTHILL- Visit the class and the instructor will have the appropriate paperwork to fill out. If you need additional class information you can call (650)-949-7321.

VOLUNTEER – These classes are free and there is no need to register. Please just attend.

IN CLASS - Register for these classes with the class instructor.

PICK UP A WINTER/SPRING 2010 CLASS GUIDE AT THE FRONT DESK FOR MORE INFORMATION.